

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

PACIFIC PSYCHOLOGY AND COMPREHENSIVE HEALTH
CLINIC

*“You cannot solve a problem with the same mind that created it.”
~ Albert Einstein*

A NEW APPROACH FOR MANAGING STRESS.

Pacific Psychology and Comprehensive Health Clinic is proud to announce that we will be offering a Mindfulness-Based Stress Reduction (MBSR) group at our Portland Clinic. MBSR is designed to help people struggling with a wide variety of life's challenges.

Use the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

MBSR is an 8-week course designed to help people reconnect to their physical experience in a way that interrupts the natural process of stress and depletion. Group members will practice a variety of exercises to guide attention into the present moment experience, rather than into the stressors that life piles on. Today's high-stress atmosphere prevents people from tuning in to what is actually going on within their bodies, which often results in physical and emotional pain. MBSR is about managing that stress through different breathing, movement, and meditative practices.

WHAT DOES MBSR HELP WITH?

- General Stress
- Chronic Pain
- Injury
- Chronic Illness
- Anxiety
- Depression
- Anger



Imagine living your life according to your values, not according to your problems.

This group will start January 8, 2015.

To more about the program, please call **503-352-2400 ext. 8023**. A new relationship with stress is just a phone call away.